



Vol. 30 No. 35
RAF LAKENHEATH, UK

FRIDAY, SEPT. 5, 2003
www.lakenheath.af.mil

**Holiday
greetings
Smiles
across
miles**

J-J 02

III OF XVI

J-J 02

V OF XVI

Innovative historians

Preserving
Liberty Wing's
legacy

J-J 02

XIV OF XVI

J-J 02

II OF XVI

J-J 02

I OF XVI

PLUS: Tops in Blue • ECSC supports community • Helmet safety



JET 48 Vol. 30 No. 35
Friday, Sept. 5, 2003

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Deadline for submissions to the Jet 48:

- ☐ Noon Wednesday, ten days prior to publication
- ☐ Noon Monday prior to publication for weekend events with advance notice to editor.

Editorial content is edited, prepared and provided by the public affairs office of the 48th Fighter Wing. All photographs are Air Force photos unless otherwise indicated. The public affairs office reserves the right to edit all material submitted for publication.

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Photo by Airman 1st Class Franklin Perkins

ON THE COVER

Master Sgt. Gregory Henneman, 48th Fighter Wing historian, peeks from behind volumes of historical data. The books are researched and written by the Air Force-level award-winning history office. For story, see Pages 12 and 13.

Photo by Master Sgt. Will Ackerman

Make DUI prevention a priority

GEN. ROBERT H. "DOC" FOGLESONG

COMMANDER, U.S. AIR FORCES IN EUROPE

RAMSTEIN AIR BASE, Germany (USAFENS) — There's nothing a commander hates more than calling or writing a family to tell them they've lost a son or daughter. In my thirty years of service, I've found nothing more painful and gut wrenching. Our great country has entrusted us with its most valuable resource — its sons and daughters. Commanders take very seriously their responsibility to protect their people. It's our highest priority.

Unfortunately, in my first week on the job at USAFE, we lost one of our own in a tragic car accident. It was a painful reminder that we have to put safety first — in the air and on the ground. Whether it's lost man-hours or lost lives, we cannot afford the high cost of ignoring safety. It's like the laws of nature — you don't break them, they break you! So stop and think before you put yourself in an unsafe position.

The number of DUIs in USAFE is troubling. In fact, it can be fatal to our personnel and their careers, so let's take action before these DUIs

turn into terrible tragedies. The beer over here has a higher alcohol content than we're used to, and the legal limits are lower — get the word out, don't assume you're safe to drive. If you have to think about it, you probably ought to hand over the keys or call for a ride. Commanders need to get out in front of this, and we need to look out for each other. The first step is prevention...

However, because DUIs are so costly both institutionally and personally, we also need a strategy of deterrence in our fight against DUIs. The first phase of this deterrence strategy will be random vehicle checks. In the near future we will start conducting random vehicle checks at all our USAFE bases. These vehicle checks are intended to show our commitment to reducing the number of DUIs throughout our command. Everyone must understand the ramifications of a DUI, while the ultimate punishment is up to the individual's commander based on the particular circumstances, a DUI could be a career ender. We can't afford to lose anyone from this great team of ours. Only through prevention and deterrence can we successfully execute our role as faithful custodians of our most valuable resource, the young men and women of America.



Be ready — anytime, anywhere

BRIG. GEN. MIKE T. MATTHEWS

48TH FIGHTER WING, COMMANDER

"Sir, what are your P.I.R.s?" My exec's question caught me off guard. Priority Intelligence Requirements (PIRs) are a way for commanders to focus limited resources on collecting information most important for supporting the unit's mission. Gen. Robert H. "Doc" Foglesong, U.S. Air Air Forces in Europe commander, succinctly defined that mission as to be "ready to fight and postured to respond anywhere." Anywhere? Get a piece of string and connect it on a globe from East Anglia to Nevada. This past weekend we recovered 14 jets from the 492nd Fighter Squadron who flew that distance non-stop returning from a month-long deployment. Now take that same piece of string and, while leaving one end anchored here in England and the other marked with the distance to Vegas, start moving it over the face of the globe. As you do think about the history that has transpired in the countries and regions your string traverses. Much of that history has involved violent conflict between alliances,

countries and tribes and often we have found ourselves embroiled in the midst of those conflicts. Some we saw coming, others we didn't until it was too late. We should have but didn't anticipate the bomb-laden dawn of Dec. 7, 1941. We had plenty of indicators but were unprepared for the Chinese counter-offensive on the Yalu. Next week we honor those who paid the price-and will continue to pay the price — of our surprise on Sept. 11, 2001. As I mentally skimmed the globe I thought of these and the many other horrors where tragedy ensued because we were looking left when we should have been looking right (remember that the next time you cross a UK road.) How could I focus our intelligence to better prepare us to avoid such surprises? What should be my PIRs? Actually, I thought, it's pretty simple to define, though hard to execute. I want to know about anything, anywhere, where there are those who would do ill to me or my ilk. And, I thought, I want those who would do so to know that we will be ready to come for them, from any quarter, at anytime. That's my intent. At 2:43 p.m. this coming Thursday, remember that.

Uniform tip of the week

By order of Brig. Gen. Mark T. Matthews, 48th Fighter Wing commander, all 48th FW military personnel will wear the blue service uniform (short sleeve authorized year round) every Monday unless unit commanders determine duties require the wear of the battle dress uniform or flight dress uniform.

Wearing blues every Monday reflects a return to a degree of the normalcy that predated Sept. 11, 2001.

Wear of the traditional Air Force uniform fosters pride in appearance and helps airmen prepare themselves for opportunities before boards and professional military education environments.



U.S. AIR FORCE

ACTION LINE

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 226-2324, fax 226-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215) or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number and full APO mailing address. Names are confidential.

48th Fighter Wing commander

FROM THE FRONT ...

News notes

Sept. 11 remembrance ceremony

The 48th Fighter Wing hosts a wreath-laying ceremony at 2:40 p.m. Sept. 11 at Wings of Liberty Park, near the RAF Lakenheath Post Office. The ceremony includes an F-15 four-ship fly-by/missing-man formation, to honor not only those who lost their lives Sept. 11, 2001, but also to remember those who have since made the ultimate sacrifice in our continuing war on terrorism.

A five-minute moment of silence will be held at 2:40 p.m., to mark the time, 2:43 p.m., two years ago when American Airlines Flight 77 crashed into the Pentagon. Everyone from the RAF Lakenheath, RAF Mildenhall and Department of Defense Dependents Schools communities are invited and encouraged to attend. For more information, call 226-2151.

SATO introduces e-ticketing

SATO Travel, in conjunction with commercial airlines, introduces automatic electronic ticketing for certain airlines and applicable routes Sept. 1. Paper tickets will still be an option because some airlines cannot e-ticket. When more than one carrier is used for the same trip, or when customers are traveling to regions including South America or the Far East, paper tickets will be issued. When an e-ticket is issued, the traveler must keep the itinerary, because it must be filed with the travel voucher for official travel. For more information, call SATO passenger travel section at 226-1854.

Security check deadline extended

All non-U.S. employees and contractors who work on RAF Lakenheath have 30 additional days to complete the first step of a two-part security check to continue entering the base unescorted, because the deadline has been extended to Oct. 1. At that point, proof of a local police background investigation will be required.

"This will give everyone more time to work through this process and ensure more folks have time to become compliant," said Lt. Col. William Delaney, 48th Security Forces commander.

Non-U.S. employees and contractors who need more information about the background check process can contact their sponsoring unit orderly rooms.

(Compiled by 48th Fighter Wing Public Affairs staff reports)

Staff Sgt. Colin Richardson, pharmacy specialist for the 506th Expeditionary Medical Squadron, measures a prescription for a patient at Kirkuk Air Base, Iraq. Richardson is deployed from the 48th Medical Support Squadron in support of Operation Iraqi Freedom.



Courtesy photo

ECSC supports community

BY STAFF SGT.
AURA ANTOINETTE LEBEAU

JET 48 CONTRIBUTOR



The Enlisted and Civilian Spouses' Club is one of many RAF Lakenheath organizations that supports a lot of programs each year.

"Whether the club is helping members on base, reaching out and helping the community, or perhaps going to see different countries, you can bet the ECSC is doing something that you will want to be part of," said Wendy Rosch, ECSCS president.

Their goal is to get people involved in the base and local community as well as to have fun and enhance the relationship between the base and its host nation. The main source of income for this club is its annual RAF Lakenheath Holiday Bazaar, this year held Sept. 26 to 28 at Hangar 7, and co-sponsored by the ECSC and the Officer and Civilian Spouses' Club.

Every year the bazaar's board recruits hundreds of volunteers to make the bazaar a success. The money ECSC earns from the bazaar and other fund-raisers goes to various organizations within the base and local communities. They donate approximately \$21,000 annually to a variety of groups including the wing's quarterly and annual award programs, Airmen Against Drunk Driving, Boy Scouts and Girls Scouts of America, the Lakenheath High School ROTC program, Lakenheath Village Home, Brandon Handicapped Club, Children of Parents and Siblings and many other organizations.

Aside from giving monetary donations, the

group also plans a Christmas party for children living with cancer and a luau dinner for the over 60's members from Lakenheath Village Home every year.

"It's always nice to put a smile on someone's face," said Ben Lowe, ECSC vice-president "These people look forward to coming onto our base and joining us for these events."

One of the more visible contributions to the base can be found at the RAF Lakenheath Thrift Shop, which is operated by the club, and offers fantastic bargains on everything from clothing to transformers to furniture and many other items. The shop, located in Building 949, is managed by Rummyana Neal and staffed by volunteers who not only give their time, but also develop new skills for future employment.

"This shop is the first and last stop for many people who are PCSing in or out. Without volunteers, this shop would not be able to operate," Rummyana said. All proceeds made by the thrift shop go to charity.

In addition to the bazaar and thrift shop, the club also tries to include families. ECSC has monthly socials every second Tuesday of the month and discounted trips and tours every quarter. Their goal is to have family oriented socials and help provide a positive environment for their members. Some of the trips that the club members have enjoyed at a discount have included trips to France and Germany. "Our club works hard to help improve our community but we also have lots of fun," said Jessica McCollum, ECSC membership and trips coordinator.

Editor's note: There will be a membership drive social at 7 p.m. Tuesday at the Liberty Club Ballroom. For more information, call Jessica McCollum at (01638) 751746 or e-mail raflecsc@yahoo.com. To volunteer for the bazaar, call Kim Sill at 226-8368 or Jessica McCollum at (01638) 751746.

Smiles across the miles

Hometown News sends holiday messages home

STAFF REPORT

48TH FIGHTER WING PUBLIC AFFAIRS



RAF Lakenheath community members can send video greetings to their hometowns for the holidays.

The Air Force Hometown News team will be at the Liberty Circle (between the hospital and the base exchange) Tuesday, to

record 15- to 20-second video segments of military members, Department of Defense civilians and their families to send holiday greetings that will be aired on their hometown television stations from Thanksgiving Day to New Year's Day. In case of bad weather, the alternate location will be inside the BX shopping area.

The script for the greeting will sound something like this: "Seasons greetings from RAF Lakenheath, England. I'm Air Force Senior Airman Jack Snuffy. This is my wife, Diane, and our two children, Bo and Luke. We'll be here for the holidays but want to wish our moms and dads in Florida a most joyous holiday. We miss you. Happy holidays!" The message may either be longer or shorter, however, commercial media prefer greetings that are about 10 to 15 seconds long.

Families are an important part of the holiday messages and they are invited by the Hometown News team to be present with their military sponsor. However, the military member must appear in the greeting with the family, unless he or she is on temporary duty or deployed. Dress is uniform of the day for all military members.

Before each taping session, a release form must be completed. People taping greetings should bring an address book as a reference to fill out questions such as the name, address, telephone number and family relationship of bonafide family members in the United States.

Fiancees are not accepted as bonafide family member on the release form, but anyone including friends, neighbors and fiancees can be addressed on the video message. There is not a limit on the number of holiday messages a service member is allowed to send to different relatives in different locations, but they must live at least 50 miles apart. All relatives, friends and other people the service member desires to send greetings to in the same area must all be mentioned on the same greeting.

Greetings are sorted by the ZIP codes service members provide on the release forms. Once the news team returns to their production center in San Antonio, the greetings are consolidated by state, duplicated and sent to all television stations that use their service.

Video-session checklist

- ☐ Military member must be in uniform
- ☐ Military member must be in video footage, unless TDY or deployed
- ☐ Family and pets are invited
- ☐ Bring address book
- ☐ Family and pets may wear holiday attire

Questions and answers

Will these be on AFRTS, German television, etc.?

No. These spots are provided to commercial television stations in the United States and its territories that have signed up for the service.

Can you give us a copy of the tape? No. The team shoots at all overseas bases and they don't have the funds or resources to distribute videotapes to all participants.

When will this be on television? The Hometown News team cannot guarantee that any particular message will be aired on television. It's strictly up to the stations that receive the product. However, this remains one of the most popular programs and maintains a high usage rate. Stations receive messages just prior

to Thanksgiving and use them, in many cases, through the New Year's holiday.

How can our family back home find out when it will air? Air Force Hometown News requests the station call the relatives. They provide the station with the family information provided by the service member on the release form. The stations have no obligation to call the family, but most are very cooperative.

What should my family do if they want to see my Holiday Greeting spot? Watch television. There is at least one station in virtually every commercial television market in America receiving the product. The military member should also advise his relatives to call their local stations to see if and when they air the holiday messages.

How do stations use the spots? Each station develops their own holiday greetings "package." Primarily, they create greeting card-like spots with seasonal music, and use them between segments of newscasts and between programming. Some stations even create special 30 or 60-minute programs.

Do I have to do it in English? No. This is especially true for Hispanic military members. There are many Spanish stations signed up to the service.

What does it cost? The program is free for the service member. It's the Department of Defense's way of saying thanks for your overseas service.

Can we do a Holiday Greeting spot as an organization? Yes. The Hometown News team also videotapes organizations and units saying "good morning, America" for spots that are aired on ABC's "Good Morning America" television show during the holidays. However, this year, the team has asked that organizations sign up for slots later in the day to give first priority to the family greetings.

To sign up for an individual, family or unit greeting appointment, call 226-2151.

Minnesota ARNG augments security forces

Members from the Minnesota Army National Guard arrived here Aug. 28 to replace the Puerto Rican ARNG as they head back home after six months in England, supporting security forces troops here and at other bases throughout England and Europe.

"It's been really great (serving here)," said Capt. Adlyn Pedraza, 192nd Support Battalion Alpha Company commander. "All my troops and staff are sorry to say goodbye."

Pedraza said the best thing has been the opportunity to get to know the Air Force and the British cultures.

"The Air Force is like a military family for us now," she said.

Approximately 220 members from the Minnesota ARNG Battery C/1125 Field Artillery Battalion will be stationed at bases throughout England, with a total force of 510 in Europe, said 1st Lt. Chad Roudebush, Minnesota ARNG.

"Our guys are looking forward to getting to work and getting hands-on training, so they can learn the skills necessary to successfully integrate them with the Air Force security forces personnel," said Roudebush. "Our goal is to be one seamless unit."

As well as looking forward to exploring the United Kingdom and Europe, the Minnesota ARNG looks forward to working alongside Air Force security forces squadrons.

"We realize the importance of the mission as far as protecting the families of the soldiers that are here," said 2nd Lt. Robert Bute, Minnesota ARNG.

"We take our mission very seriously. There's a lot of pride back home for what our troops are doing here – the send-offs we got from our communities (most of the troops are from St. James, Minnesota) were unbelievable," Bute said.

Security forces members have been extremely appreciative of the help they have received from the Army.

"(The Army) have done wonderful things and really helped out protecting the base and its resources under the most demanding conditions," said Lt. Col. William Delaney, 48th Security Forces Squadron commander. "They have folded right in and have done well."

(Information compiled by 48th Fighter Wing and 100th Air Refueling Wing Public Affairs offices.)



Deployed troops to receive AFRTS

BY SENIOR AIRMAN
CATHARINE SCHMIDT

AIR FORCE PRINT NEWS

SAN ANTONIO — Most U.S. forces deployed supporting Operation Iraqi Freedom have access to American Forces Radio and Television Service broadcasts.

The Air Force Broadcasting Service provides radio and television service to servicemembers assigned within the U.S. Central Command areas of operation in Central Asia, Southwest Asia and the Horn of Africa. Programs are delivered on the American Forces Network to servicemembers assigned overseas, providing U.S. radio and television to American military members as they serve around the world.

"For the most part, every single soldier, sailor, Marine and airman serving in Central Asia and Southwest Asia, including Iraq, have access to (our) services," said Michael Kinchen, director of Air Force Broadcasting Service here.

Although a few groups may not have direct service, usually broadcasts are available at nearby locations.

"(Of course) the operations in Afghanistan and Iraq change frequently and ... some of our U.S. forces who move around ... may not always have direct ... service, but all of the major troop concentrations are being served," Kinchen said.

Several types of television-signal distribution systems are offered, the most common being the "TV-Receive-Only."

"This system consists of a single satellite dish and one decoder, feeding one television," Kinchen said. "These systems are used in common-use areas, (like) dayrooms, recreation tents, dining facilities or other large-gathering areas."

"We are currently working ... to provide AFRTS service to all U.S. forces in Iraq, at their bases and recreational areas," Kinchen said.

"This time of year, when college and professional sports get underway, there is a hunger for lots of sports on radio and television," Kinchen said.

"News from home, seeing or hearing about the 'home team,' and enjoying top music hits or favorite television shows are big morale boosters for our freedom fighters. And we will not be satisfied until they have all our services," said Kinchen.



Photo by Staff Sgt. Sean M. Worrell

PRINCE SULTAN AIR BASE, Saudi Arabia — An F-15C Eagle takes off during Operation Southern Watch, which was a major operation here for the past seven years. U.S. officials ended an era with the deactivation of the 363rd Air Expeditionary Wing at a ceremony Aug. 26. At the height of Operation Iraqi Freedom, the base was home to more than 5,000 troops and about 200 coalition aircraft.

Contractor to control Bagram air

BY STAFF SGT. RUSSELL WICKE
455TH EXPEDITIONARY OPERATIONS GROUP
PUBLIC AFFAIRS

BAGRAM AIR BASE, Afghanistan (AFPN) — The base here is scheduled to be the first of four supporting Operation Enduring Freedom to replace Air Force air traffic controllers and airfield managers with contracted civilians. The transition is expected by the end of September.

"We expect a seamless transition with no interruption to air traffic services," said Maj. Shelley Fuerst, 455th Airfield Operations Squadron commander, who is deployed from the Wyoming Air National Guard's 243rd Air Traffic Control Squadron.

The other locations include Kandahar Air Base, Afghanistan; Karshi-Khanabad AB, Uzbekistan; and Ganci AB, Kyrgyzstan.

The outsourcing was developed to free up airmen with critically needed skills within Southwest Asia. According to Fuerst, 62 percent of the Air Force's air traffic control mission belongs to the Guard, which is causing significant stress on the reserve forces.

"In this career field there are too many taskings and not enough people," said Fuerst. "Once the contractor assumes full air traffic and airfield operations, the people and assets here will be returned to their home stations where they can be reconstituted and ready to deploy for different operations."

It is not new for the military to contract jobs out to civilians in a combat environment, according to 1st Lt. Pedro Rampolla, the

455th Expeditionary Operations Group's operations officer.

"Our food services along with a few other services are contracted out," said Rampolla. "But, Bagram is ... the first base in a war zone to contract out air traffic control and airfield management to civilian contractors."

It appears that contracting controllers will do more than free up airmen for other deployments. Rampolla said this action will save the Air Force money in the long run because people will not have to be rotated out every 120 days.

"We will rotate out once every year," said Bob Engberg, contracted site manager. "One of the biggest benefits we will bring the Air Force is the continuity from our less frequent rotations." He will replace Fuerst.

Nevertheless, operations will not change just because contractors are managing the airfield.

"They will be just as much a part of the team as our military people," said Rampolla. "They will have the same living accommodations and are required to play in all of the force-protection exercises."

Additionally, the contractors are trained and ready for chemical warfare.

"We know how to use (the) field and (protective) gear," said Engberg. "I feel comfortable here because I'm surrounded by the U.S. military. They know their job, and I have confidence in their ability."

According to Engberg, it is an honor for him and his people to be here.

"This job opportunity allows us to serve our country alongside those in uniform," he said. "I'm proud to be here for that reason."



Liberty Wing's award-winning historians capture tomorrow's history today

STORY AND PHOTOS BY MASTER SGT. WILL ACKERMAN

48TH FIGHTER WING PUBLIC AFFAIRS

"History never looks like history when you are living through it." These words from former U.S. Secretary of Health, Education, and Welfare John Gardner provide a key tenet to a historian's mission.

With the Liberty Wing being the only F-15 wing in U.S. Air Forces in Europe, its members write history every day, but some don't realize the impact of their efforts. However, three NCOs here capture the wing's history every day and compile its "only" permanent official record.

Their creative initiatives and "outstanding" periodic histories were recently recognized when they were awarded the Air Force "Excellence in Wing History Programs: Multi-Person Office" for 2002 – the third consecutive year Master Sgt. Gregory Henneman and Tech. Sgt. Nancy Huber won the honor.

A third historian, Staff Sgt. Steve Carter, recently joined their team. "I keep track of what everybody else does," said Huber. Huber, Henneman and Carter provide the wing's "corporate memory."

Their primary product is a semi-annual wing history. Air Force Instruction 84-101, Historical Products, Services and Requirements, tells the historians what to collect and to include in their history, including key wing personnel's names, manpower strength numbers, and maintenance statistics.

They gather the information by attending meetings in the wing to capture "key decision-making" processes, browsing through unit files, or reviewing after-action reports. Huber said much of their work simply involves "digging around." Henneman said the historians wouldn't be successful if people in the wing didn't provide unit documents.

"We can only write a good history if we have good documents," Henneman said.

Although their research used to force them to sift through piles of printed documents, with files becoming electronic in recent years, the historians now access many documents from their computers, or customers submit documents via e-mail, Henneman said.

"About 90 percent of what we get now is ... digital," Henneman said. "Three years ago that number was inverted."

Consequently, Huber and Henneman streamlined their products by "digitizing" the written history. For example, the wing's

January to June 2002 history contains 165 "printed" pages, with 16, 2-inch bound volumes of supporting documents. The July to December 2002 history and supporting documents are packaged onto one CD-ROM, with all references in the history hyperlinked to their original source on the disk.

"We were the first wing in USAFE to submit a digital history," Henneman said. "We had no real guidance (how to do it) so we made it up."

But the source documents only provide a snapshot of events. The historians bring the histories to life by talking to key players who were involved in decision-making processes or who participated in events.

"It's more important for lessons learned when we talk to people and ask, 'What was it really like? What did you go through?'" said Henneman. "I want (their) perspective or experience that no one else has."

In 2002, they conducted two oral history interviews: one with Lt. Col. Kent Laughbaum, a former 492nd Fighter Squadron Director of Operations, to record that squadron's involvement in Operation Enduring Freedom; and with Brig. Gen. John Brennan, then 48th FW commander, on a one-year perspec-



Historians Tech. Sgt. Nancy Huber and Master Sgt. Gregory Henneman hold 16 binders of supporting documents to illustrate how much space the wing's periodic history previously used. Staff Sgt. Steven Carter, 48th FW historian, holds two disks that contain the most recent history and supporting files to show how technology has improved the historical process and reduced space needs.



(Above) Master Sgt. Gregory Henneman, 48th Fighter Wing historian, places a photo on one of the historical pictorial displays in the wing headquarters building. (Top left) Master Sgt. Gregory Henneman conducts an interview with Senior Master Sgt. Lefford Fate, 48th FW Inspector General Office, about his experiences while deployed in support of Operation Enduring Freedom.

tive how the terrorist attacks of Sept. 11, 2001, impacted the wing's operations.

In addition to the periodic histories, they produced a classified study called "Operation Enduring Freedom: Fighter Escort in Central Asia," which captured the humanitarian fighter escort the wing's F-15s took part in during the fall of 2001 over Afghanistan.

Much of their work involves answering requests for historical information from inside and outside the wing for people writing performance reports and speeches. In 2002 they answered 325 requests. Another product they produce to help with requests is a pamphlet called "Heritage and Heraldry of the 48th FW's Groups and Squadrons."

"It's an updated 'Reader's Digest' version of the wing's history," said Henneman. "It covers the entire wing's lineage and history (back to 1941)."

Their motivation is to produce "complete, consolidated" histories of the 48 FW for their successors to reference, and to document "lessons learned" for future decision-makers to use to avoid mistakes made today, Henneman said.

"There's no point in doing the histories if they are not used," he said.

This hands-on and creative approach to producing the best history possible is why Henneman and Huber's program won USAFE and Air Force honors for three years straight, said Master Sgt. Randy Bergeron, USAFE History Office.

"Their content stands out," Bergeron said. The two items that set their products apart are quotes and photographs. "They don't only write a nar-

rative, the (quotes and photos) clarify what they are talking about."

Their digital history also provides wing leaders a "valuable management tool" that is easier to access and use, Bergeron said. He said a history is only as valuable as it is easy to use.

"With the digital history, (people) can do a word search and go right to the information they need," he explained.

Bergeron said Huber and Henneman's talents compliment each other. "(Henneman's) strength is writing; (Huber's) is research. Together, they are a powerful team."

This powerful team not only researched and wrote wing histories, they also maintained historical property displays at the Liberty Club and Eagles' Landing, which are on loan from the Air Force Museum at Wright-Patterson Air Force Base, Ohio. Plus, they escorted special guests to the wing in July – World War II aces, retired Lt. Gen. Gerald Johnson, Maj. Gen. Donald Strait and Brig. Gen. Robin Olds.

If this didn't keep them busy enough, they also moved offices three times in 2002. Additionally, they found time to study and get promoted – Henneman to master sergeant and Huber to technical sergeant. Ironically, both were promoted on the same day – May 1.

Although they are only here for a few years, the wing's historians know if they don't do their jobs thoroughly, then today's Liberty Wing history might be lost forever. So they take pride in capturing tomorrow's history of the wing today through the eyes and experiences of airmen making it today.



Photos by Airman 1st Class Franklin Perkins

(Above) Staff Sgt. Charles Cook, assigned to the 48th Security Forces Squadron, sings during the Aug. 27 Tops in Blue performance at RAF Mildenhall. (Below) Staff Sgt. Kerri Brooks, 48th Munitions Squadron, watches over the show as stage director. Cook and Brooks are two of only 35 chosen from a world-wide talent search.



TOPS IN BLUE

BY SENIOR AIRMAN LYNNE NEVEU

48TH FIGHTER WING PUBLIC AFFAIRS

The lights went down and anticipation spread through the audience as cast members and support crew of the 2003 Tops in Blue touring group made last-minute checks for another spectacular show.

Tops in Blue performed for RAF Mildenhall and RAF Lakenheath communities Aug. 26 and 27 at RAF Mildenhall. It was homecoming for two servicemembers, Staff Sgt. Charles Cook, 48th Security Forces Squadron and Staff Sgt. Kerri Brooks, 48th Munitions Squadron.

"It's exciting to perform in front of the crowds," said Cook. "A lot of friends who I had to leave (here) have been in the crowd to support me. I heard them shouting for me and cheering me on and it was a wonderful feeling."

Although cast members gain valuable experience, a visit home brings a welcome break to the long hours and miles of life "on the road."

"It's definitely great to be home," said Brooks. "I left at the end of February and have been on the road ever since."

The 35-member Tops in Blue team works long hours, often with about five hours sleep a night, according to the official program.

"I've definitely gained a whole new level of patience and become a harder worker," said Cook about his experiences. "This takes a lot of physical strength, as we build the stage up and tear it down ourselves. This tour teaches you how to deal with people, because you live with 32 others every day for an entire year."

Hard work has paid off for the NCOs. While on tour, Cook sewed on staff sergeant and Brooks was selected for promotion to technical sergeant. Both agreed the experience is preparing them to become better NCOs.

"I've learned good managerial skills doing this job, since I started out with six troops working under me," said Brooks. "I've never had anyone working for me before."

Cook and Brooks expressed their gratitude to their squadron and commanders for supporting them through the application process and the tour.

"I'd like to thank my squadron and commanders, past and present for being so supportive," said Brooks.

For more information about Tops in Blue, visit www.topsinblue.com.



Push your way to mission readiness

STORY AND PHOTOS BY CAPT. CHRIS WATT

48TH FIGHTER WING PUBLIC AFFAIRS

You know that push-up and crunch test the Air Force has been giving on a trial basis when you take the ergometry test? Next year it'll be for real. Starting Jan. 1, push-ups and crunches will be part of the new Air Force fitness test along with the 1.5-mile run.

While Liberty warriors all over the base are shouting "hooah" for the new test that will validate their already intense workouts, if you aren't one of those who drop for 50 push-ups between 5-mile runs, the staff at the 48th Services Squadron Fitness Center have a few tips to help you get in shape for the push-up portion of the New Year's challenge.

To begin with, it isn't enough to just do push-ups. It's advisable to not only train the muscles you need for push-ups, but also the support muscles, said Lorraine Botwright, 48th SVS fitness program director.

"The main muscles to strengthen for optimal push-ups are pectorals, deltoids, triceps and the core stabilizing muscles (back, abdominal)," said Botwright.

To exercise these muscles groups, try bench and military presses, front and lateral raises, dips and tricep extensions, bird dogs, crunches and plank or hover using any combination of free weights, cables, Nautilus and Cybex equipment or resistance equipment available in the fitness center. The fitness specialists at the fitness center can give you more details on each of these exercises, she said.

"The main thing to remember is to do the push-ups correctly while you are training," said Botwright. "If you find them difficult, start with a lower level (box or modified push-up) and increase your strength before progressing to full push-ups or do what you can in full push-ups and drop to a lower level to complete additional and develop strength. Make sure you keep your neck and back in alignment. Letting the neck or spine sag can cause back problems. Remember to maintain your correct alignment if you 'rest' in the permitted up position."

Botwright said this kind of training will not only help Liberty warriors pass the new fitness test, but will also enhance mission readiness.

"The new test is more practical to what airmen train to do in combat," said Botwright. "The muscles needed to do push-ups, crunches and the run are all ones that are needed in a combat environment."

Botwright emphasized that while the ergo test is not as directly related to combat situations as the new test, it is still the official fitness test of the Air Force and all Liberty warriors must continue to take the test until the new fitness test is officially implemented.

So continue to ride that ergo bike for now, but also start training those push-up muscles and soon you'll be able to pump out hundreds of push-ups on demand. You'll be mission ready and maybe even popular at parties.



Lorraine Botwright, 48th Services Squadron fitness program director, demonstrates the correct push-up starting position.



Correct push-up down position.



Incorrect push-up position. Note the spine and neck are not aligned.

SPORTS SHORTS

Basketball coaches

The Lakenheath varsity men's and women's basketball teams need coaches. Stop by the Fitness Center to pick up an application. Resumes and applications deadline is Oct. 2. For more information, call Staff Sgt. Juwan Edwards at 226-6244.

Ice hockey

The U.K. Warbirds, an ice hockey team consisting of American players from the local bases, requires hockey players of all levels. Games are at 7 p.m. Mondays in

Peterborough. Transportation from RAF Lakenheath is provided. The team occasionally travels throughout the country to play U.K. teams and travels to Garmisch, Germany, every February for the annual U.S. Air Forces in Europe Ice Hockey Tournament. If interested contact Master Sgt. Allan Schurman at 238-4706 or (01638) 533887.

Running track lights

The base fitness center turns on the outdoor lighting at the high school track 5 a.m.

until sunrise Mondays through Fridays, dusk to 11 p.m. Mondays through Thursdays, and dusk to 9 p.m. Saturdays, Sundays and holidays.

Tae Kwon Do

Anglia Tae Kwon Do offers classes Mondays, Wednesdays and Fridays at the RAF Feltwell Community Center. The youth class is 6 to 7 p.m. followed by the adult class 7 to 8:15 p.m. For more information, call Staff Sgt. Wendy Paquet at 226-2330.



Discover Britain

Sal Davidson – Community Relations Adviser



Driving on the left, history of the rule of the road

The rule of the road in mainland Europe and the majority of countries in the world, including the United States is, to drive on the right.

In the United Kingdom, and some of her former dominions, including Australia, New Zealand and Kenya, the rule of the road remains to drive on the left. It also applies in Japan and Thailand.

The history

The origin of the rule of the road dates back to how people travelled in violent feudal societies. As most people are right-handed, it made sense to carry any protective weapon in this hand. When passing a stranger on the road, it was safer to walk on the left, so people ensured their weapons were between themselves and a possible opponent. Jousting knights would hold their lances in their right hand, therefore passing on each other's left.

Revolutionary France was to overturn this historic practice, as part of its social re-think. Their military general and self-proclaimed Emperor, Napoleon Bonaparte, was left-handed, therefore his armies had to march on the right so he could keep his sword arm between him and the advancing enemy. From this time, any part of the world colonised by the French would travel on the right, the rest would travel on the left.

Although America was originally a British colony, the French colonised the Southern states such as Louisiana and the Canadian East Coast including Quebec. The Dutch colonised New York (New Amsterdam), the Spanish and Portuguese colonised the Southern Americas and much of the Southwest parts of North America.

The British were in the minority when it came to shaping the traffic system. The new independent American republic adopted the drive on the right system, being anxious to break away from its links with its British colonial past and form its own identity.

American motorcars were designed to be driven on the right by locating the driver's controls on the vehicle's left side. With the mass production of reliable and economical motorcars from the United States, initial exports

used the same design, so out of necessity other countries changed their rules of the road.

The last European country to convert to driving on the right was Sweden in 1967. The conversion to right-hand driving was done on a weekday at 5 p.m. All traffic stopped as people swapped sides. This time of day was chosen to prevent accidents that may have occurred by

people waking up and not realizing that "this" was the changeover day. While everyone was getting used to the new system, they paid more attention and took more care, resulting in a reduction of the number of road accident casualties.

Cats eyes

A man from Nottingham invented "Cats Eyes," found along the centre of most European roads – you may know these as reflectors.

The British cats eyes are two glass spheres embedded in rubber; when a car passes over them, the weight of the vehicle depresses these and cleans them.

Roman roads

When the Romans began their conquest of Celtic Britain in A.D. 43, they found a haphazard collection of roads and paths, mostly connecting local fields and hamlets.

The Roman administration needed a better network of roads to connect new towns and

army posts, and to speed up the flow of trade goods and troops. There were some 8,000 to 10,000 miles of roads constructed during the first 100 years of the Roman occupation.

Along with the main roads, were minor roads that linked economic centres, and also a third level, which connected farms and villages to the larger ones. The full extent of the

Roman construction was amazing, if you consider that according to historical estimates, no village or farm was more than 7 miles from a purpose built road.

The construction methods they used were hardy, employing a four-layer technique, plus kerbs to hold everything together.

It is a fallacy that all Roman roads were straight. The Roman engineers were no fools; if there was a natural obstacle in the way, they would of course deviate around it. They had yet to invent front-axle

steering though, so sharp corners had to be avoided.

After the fall of the Roman Empire, the road system fell into disrepair. By the end of the Middle Ages, there was in effect no road system in the country. The only roads available were unpaved tracks that became muddy and impassable in winter and too dusty to use in the summer.

The state of these roads and the combined general lawlessness at the time meant only the determined or the insane travelled them, much the same as today.



Courtesy photo

Napoleon

For more information on living in Britain, look in the British community information public folder, or call Sal Davidson, community relations adviser, at 226-3145, or e-mail sal.davidson@lakenheath.af.mil.



Classes

Family support center

The family support center offers the following classes:

Monday

11 a.m. – Pre-separation briefing

1 p.m. – E-4 and below financial briefing

Wednesday

1 p.m. – Financial foundations

1 p.m. – PCS with ease

1:30 p.m. – Resumé writing

Sept. 12

8:45 a.m. – Newcomers' bus tour

For more information or to register, call 226-3847

Professional development center

The following courses are offered at the professional development center, Building 948, Room 309:

Tuesday

8 to 11 a.m. – Human performance factors

Wednesday

8 to 9:30 a.m. – CCAF and beyond

For more information, visit <https://lww/pdc/PDF/PDC/Class.htm> or call Master Sgt. Leslie Ingram at 226-2300.



Photo by Tech. Sgt. Tonda Fryzlewicz

Safety Tip

Many children have been spotted riding around base on scooters and skateboards without the proper head protection according to wing safety officials. AFI 91-207, Traffic Safety, LAKI 31-204, Motor Vehicle Traffic Supervision, states that when riding a bicycle, scooter, skateboard or rollerblades/skates (outside) you must wear an approved helmet fastened below the chin. For more information, contact the 48th Fighter Wing Ground Safety Office at 226-3737.

Briefs

Holiday Bazaar

The Officer and Civilian Spouses' Club and Enlisted and Civilian Spouses' Club sponsor the 2003 Holiday Bazaar Sept. 26 to 28. Proceeds benefit scholarship programs and community charities. To volunteer or for more information, call Kim Sill at 226-8368 or e-mail at kim.sill@btinternet.com.

Hours change

The 48th Communications Squadron Multimedia Center offers official passport and visa photo service 8 to 11 a.m. Mondays and Wednesdays, and 1 to 3 p.m. Tuesdays and Thursdays. No appointment is required. For more information, call Staff Sgt. William Greer at 226-2285.

Immunization clinic hours

The 48th Medical Group Immunizations Clinic is open 7:30 a.m. to 4 p.m. Mondays and Wednesdays, 7:30 a.m. to 2:30 p.m. Tuesdays, and 9 a.m. to 4 p.m. Thursdays and Fridays. The smallpox vaccine is given 3 to 4 p.m. Tuesdays and 7:30 to 8:30 a.m. Fridays. Tuberculosis tests are not given on Thursdays. For more information, call the clinic at 226-8141.

Youth

Special needs support group

The Parents of Children with Special Needs Support Group meets 6:30 to 8:30 p.m. Wednesday at the RAF Lakenheath EDIS clinic, Building 611. Sibling support group and child care is provided. For more information, call Joy Halog at 226-8926.

Mothers of preschoolers

A Mothers of Preschoolers Support Group meets 9:30 to 11:30 a.m. the first and third Thursdays of the month at the RAF Mildenhall Base Chapel. Child care is provided for children up to age 5. For more information, call Stacey Smith at (01638) 718130.

MOVIES

RAF Lakenheath 226-2139

Today

6:30 p.m., **Marci X, R**, starring Lisa Kudrow and Damon Wayans. A Jewish-American princess is forced to take control of a hard-core hip-hop record label and tries to rein one of the label's most controversial rappers.

10 p.m., **Open Range**, R starring Kevin Costner and Annette Bening. This film tells the story of how four cattle herders roam around and then team up to rid a burgeoning remote town, Harmonville, from the machinations of a ruthlessly evil rancher, Baxter, who forms a sort of "outlaw state" where he makes the laws and rules, and enforces them using scare tactics and brute force.

Saturday

3 p.m., **Rugrats Go Wild**, PG, animated. When the vacationing Rugrats and their parents get stranded on a deserted island, Tommy Pickles knows there's only one man who can help them, Nigel Thornberry. But, a bonk on the head has made Nigel suddenly seem more like a 3-year-old than a man. Luckily, the babies have Eliza on their side, with her ability to communicate with animals. She can even talk to Spike.

6:30 p.m., **Open Range**, R

10 p.m., **X-Men 2**, PG-13, starring Patrick Stewart and Halle Berry. The X-Men band together to find a mutant assassin who has made an attempt on the president's life, while the Mutant Academy is attacked by military forces.

Sunday

3 p.m., **Rugrats Go Wild**, PG

6:30 p.m., **Open Range**, R

Monday

6:30 p.m., **The Matrix Reloaded**, R, starring Keanu Reeves and Laurence Fishburne. Neo, Morpheus, Trinity and the rest of their crew continue to battle the machines that have enslaved the human race in the Matrix. Now, more humans are waking up out of the Matrix and attempting to live in the real world. As their number grows, the battle moves to Zion, the last real-world city and center of human resistance.

Tuesday

6:30 p.m., **Hollywood Homicide**, PG-13, starring Harrison Ford and Josh Hartnett. When an entire hip-hop group is murdered on-stage, Los Angeles Police Department homicide Detectives Gavilan and Calden are called in to handle the case. As their investigation progresses, they begin to suspect that the rappers were killed for attempting to get out of their recording contract with label head Sartain.

Wednesday

6:30 p.m., **Hollywood Homicide**, PG-13

Thursday

6:30 p.m., **Bruce Almighty**, PG-13, starring Jim Carrey and Morgan Freeman. At the end of the worst day in his life, Bruce angrily ridicules and rages against God – and God responds. He appears in human form and, endowing Bruce with all of His divine powers, challenges Bruce to take on the big job and see if he can do it any better.

RAF Mildenhall 238-2351

Today

6:30 p.m., **The Hulk**, PG-13, starring Eric Bana and Jennifer Connelly. Research scientist Dr. Bruce Banner's failed experiments cause him to mutate into a monstrously powerful and savage green-skinned behemoth whenever he loses control of his emotions.

10 p.m., **The Hulk**, PG-13

Saturday

3 p.m., **Finding Nemo**, PG, animated. Marlin and his son Nemo become separated in the Great Barrier Reef when Nemo is unexpectedly taken from home and thrust into a fish tank in a dentist's office. The overly cautious father embarks on a dangerous trek and finds himself the unlikely hero of an epic journey to rescue his son.

6:30 p.m., **Marci X, R**

10 p.m., **2 Fast 2 Furious**, PG-13, starring Paul Walker and Tyrese Gibson. Former cop Brian O'Conner teams up with his ex-con pal Roman

Pearce to transport a shipment of dirty money for shady Miami-based import-export dealer Carter Verone, while actually working with undercover agent Monica Clemente to bring Verone down.

Sunday

3 p.m., **Finding Nemo**, PG

6:30 p.m., **Marci X, R**

Monday

6:30 p.m., **The Hulk**, PG-13

Tuesday

6:30 p.m., **Alex And Emma**, PG-13, starring Luke Wilson and Kate Hudson. Emma, a stenographer, is hired to help Alex complete his novel. Along with writer's block, Alex owes a hundred grand to Cuban loan sharks and has only one month to make good. His novel is stuck in his head, but he can't get it down on paper. If he doesn't hand his publisher a finished book fast, he's a dead man.

Wednesday

6:30 p.m., **Marci X, R**

Thursday

6:30 p.m., **The Hulk**, PG-13